



# 2,800 Calorie Plan (Vegetarian) 5 meals/day

## DAY 1

<b>Breakfast</b> 7:00 AM	egg, hard boiled	1 large	78 cal
	drinking water	1 Cup(s)	0 cal
	whole grain rolled oats, dry	1 Cup(s)	299 cal
	blueberries	1 Cup(s)	83 cal
	egg whites, cooked	4 large	69 cal
	orange juice	1 Cup(s)	112 cal

MEAL TOTAL: **Calories** 640 cal / **Carbs** 104 g (66%) / **Protein** 23 g (15%) / **Fat** 13 g (19%) / **Fluid** 25  
 ADDITIONAL NUTRIENTS: **Sodium** 171 mg / **Calcium** 70 mg

NOTES:

<b>Snack</b> 10:00 AM	apples	1 large	110 cal
	almond butter	1 Tbsp	100 cal
	skim milk with calcium	2 Cup(s)	173 cal
	whole wheat crackers, low-sodium	5 cracker	89 cal

MEAL TOTAL: **Calories** 472 cal / **Carbs** 70 g (58%) / **Protein** 22 g (18%) / **Fat** 13 g (24%) / **Fluid** 40  
 ADDITIONAL NUTRIENTS: **Sodium** 53 mg / **Calcium** 1,070 mg

NOTES:

<b>Lunch</b> 12:00 PM	whole-wheat pita bread	1 large	170 cal
	tomatoes	1/4 Cup(s)	8 cal
	romaine lettuce	3 leaf	3 cal
	baby carrots	10 large	53 cal
	drinking water	2 Cup(s)	0 cal
	vegan chicken strips, meat free	5 oz	361 cal
	olive oil, mayonnaise, light	1 Tbsp	49 cal

MEAL TOTAL: **Calories** 644 cal / **Carbs** 66 g (40%) / **Protein** 37 g (22%) / **Fat** 28 g (38%) / **Fluid** 23  
 ADDITIONAL NUTRIENTS: **Sodium** 197 mg / **Calcium** 68 mg

NOTES:



<b>Snack</b> 3:00 PM	string cheese, light	2 serving	100 cal
	bananas	1 extra large	135 cal
	drinking water	1 Cup(s)	0 cal
	coconut water	1 Cup(s)	46 cal
	peaches	1 large	61 cal

MEAL TOTAL: **Calories** 342 cal / **Carbs** 61 g (66%) / **Protein** 17 g (18%) / **Fat** 6 g (16%) / **Fluid** 24  
ADDITIONAL NUTRIENTS: **Sodium** 448 mg / **Calcium** 75 mg

NOTES:

<b>Dinner</b> 6:00 PM	drinking water	2 Cup(s)	0 cal
	wild rice, cooked	1 Cup(s)	166 cal
	black beans, no salt, boiled	1 Cup(s)	227 cal
	broccoli, no salt, boiled	1 1/2 Cup(s)	82 cal
	garden veggie tempeh	4 oz	251 cal

MEAL TOTAL: **Calories** 725 cal / **Carbs** 110 g (59%) / **Protein** 49 g (26%) / **Fat** 12 g (15%) / **Fluid** 31  
ADDITIONAL NUTRIENTS: **Sodium** 163 mg / **Calcium** 145 mg

NOTES:

**DAY 1 TOTAL: Calories** 2,823 cal / **Carbs** 410 g (56%) / **Protein** 149 g (21%) / **Fat** 72 g (23%) / **Fluid** 143  
**ADDITIONAL NUTRIENTS: Sodium** 1,032 mg / **Calcium** 1,428 mg



**DAY 2**

<b>Breakfast</b> 7:00 AM	oat bran flakes cereal	2 Cup(s)	357 cal
	skim milk with calcium	2 Cup(s)	173 cal
	bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 665 cal / **Carbs** 132 g (78%) / **Protein** 28 g (16%) / **Fat** 4 g (6%) / **Fluid** 19  
ADDITIONAL NUTRIENTS: **Sodium** 200 mg / **Calcium** 1,091 mg

NOTES:

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	grapes	4 oz	65 cal
	almonds	1 1/2 oz	243 cal
	whole wheat crackers, low-sodium	5 cracker	89 cal

MEAL TOTAL: **Calories** 396 cal / **Carbs** 39 g (36%) / **Protein** 12 g (11%) / **Fat** 25 g (53%) / **Fluid** 38  
ADDITIONAL NUTRIENTS: **Sodium** 39 mg / **Calcium** 165 mg

NOTES:

<b>Lunch</b> 12:00 PM	romaine lettuce	2 Cup(s)	16 cal
	cranberries, dried sweetened	1/3 Cup(s)	123 cal
	whole wheat dinner rolls	1 roll	74 cal
	balsamic vinegar	2 Tbsp	28 cal
	drinking water	2 Cup(s)	0 cal
	vegan chicken strips, meat free	4 oz	289 cal
	olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 650 cal / **Carbs** 68 g (40%) / **Protein** 27 g (16%) / **Fat** 32 g (44%) / **Fluid** 20  
ADDITIONAL NUTRIENTS: **Sodium** 162 mg / **Calcium** 73 mg

NOTES:

<b>Snack</b> 3:00 PM	pears	1 large	119 cal
	egg, hard boiled	1 large	78 cal
	drinking water	1 Cup(s)	0 cal
	oat & honey granola bars	1 bar	140 cal
	coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 382 cal / **Carbs** 62 g (64%) / **Protein** 11 g (11%) / **Fat** 11 g (25%) / **Fluid** 23  
ADDITIONAL NUTRIENTS: **Sodium** 240 mg / **Calcium** 121 mg

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

meat free burgers, vegan	2 serving	140 cal
drinking water	2 Cup(s)	0 cal
sweet potato, no salt, baked	1 1/2 large	243 cal
spinach, no salt, boiled	2 Cup(s)	83 cal
whole-wheat pita bread	1 large	170 cal

**MEAL TOTAL: Calories** 636 cal / **Carbs** 117 g (67%) / **Protein** 48 g (28%) / **Fat** 4 g (5%) / **Fluid** 35  
**ADDITIONAL NUTRIENTS: Sodium** 980 mg / **Calcium** 722 mg

### NOTES:

**DAY 2 TOTAL: Calories** 2,730 cal / **Carbs** 418 g (58%) / **Protein** 126 g (18%) / **Fat** 77 g (24%) / **Fluid** 135  
**ADDITIONAL NUTRIENTS: Sodium** 1,621 mg / **Calcium** 2,172 mg

**DAY 3****Breakfast**

7:00 AM

whole wheat english muffin	1 1/2 muffin	201 cal
skim milk with calcium	2 Cup(s)	173 cal
almond butter	2 Tbsp	200 cal
orange juice	1 Cup(s)	112 cal

MEAL TOTAL: **Calories** 685 cal / **Carbs** 96 g (56%) / **Protein** 33 g (19%) / **Fat** 19 g (25%) / **Fluid** 24  
ADDITIONAL NUTRIENTS: **Sodium** 196 mg / **Calcium** 1,377 mg

## NOTES:

**Snack**

10:00 AM

egg, hard boiled	1 large	78 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
oat & honey granola bars	1 bar	140 cal
egg whites, cooked	2 large	34 cal

MEAL TOTAL: **Calories** 387 cal / **Carbs** 57 g (58%) / **Protein** 17 g (17%) / **Fat** 11 g (25%) / **Fluid** 23  
ADDITIONAL NUTRIENTS: **Sodium** 166 mg / **Calcium** 57 mg

## NOTES:

**Lunch**

12:00 PM

tomatoes	1/2 Cup(s)	16 cal
apples	1 large	110 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal
whole wheat bread	3 slice	300 cal
italian tofurky deli slices	8 slices	176 cal

MEAL TOTAL: **Calories** 653 cal / **Carbs** 105 g (60%) / **Protein** 34 g (19%) / **Fat** 16 g (21%) / **Fluid** 25  
ADDITIONAL NUTRIENTS: **Sodium** 745 mg / **Calcium** 146 mg

## NOTES:

**Snack**

3:00 PM

baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	2 serving	100 cal
whole wheat crackers, low-sodium	12 cracker	213 cal

MEAL TOTAL: **Calories** 391 cal / **Carbs** 53 g (53%) / **Protein** 18 g (17%) / **Fat** 14 g (30%) / **Fluid** 67  
ADDITIONAL NUTRIENTS: **Sodium** 424 mg / **Calcium** 96 mg

## NOTES:



Eating right, simplified.

## Dinner

6:00 PM

vegan chicken fillets, meat free	4 oz	97 cal
drinking water	2 Cup(s)	0 cal
kale, no salt, boiled	2 Cup(s)	73 cal
hearts of palm risotto	1 1/2 serving	457 cal

**MEAL TOTAL: Calories** 627 cal / **Carbs** 98 g (63%) / **Protein** 26 g (17%) / **Fat** 14 g (20%) / **Fluid** 43  
**ADDITIONAL NUTRIENTS: Sodium** 147 mg / **Calcium** 193 mg

### NOTES:

**DAY 3 TOTAL: Calories** 2,744 cal / **Carbs** 409 g (58%) / **Protein** 128 g (18%) / **Fat** 74 g (24%) / **Fluid** 183  
**ADDITIONAL NUTRIENTS: Sodium** 1,679 mg / **Calcium** 1,869 mg

**DAY 4****Breakfast**

7:00 AM

blueberries	1 Cup(s)	83 cal
whole grain rolled oats, dry	1 Cup(s)	299 cal
egg, hard boiled	1 large	78 cal
drinking water	1 Cup(s)	0 cal
orange juice	1 Cup(s)	112 cal
egg whites, cooked	5 large	86 cal

MEAL TOTAL: **Calories** 657 cal / **Carbs** 104 g (65%) / **Protein** 27 g (17%) / **Fat** 13 g (18%) / **Fluid** 26  
ADDITIONAL NUTRIENTS: **Sodium** 198 mg / **Calcium** 73 mg

NOTES:

**Snack**

10:00 AM

pears	1 large	119 cal
almonds	1 1/2 oz	243 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 538 cal / **Carbs** 68 g (48%) / **Protein** 24 g (17%) / **Fat** 22 g (35%) / **Fluid** 25  
ADDITIONAL NUTRIENTS: **Sodium** 139 mg / **Calcium** 945 mg

NOTES:

**Lunch**

12:00 PM

vegan chicken fillets, meat free	8 oz	195 cal
iced tea, green	16 fl. oz.	0 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	1 Tbsp	14 cal
hearts of palm risotto	1 1/2 serving	457 cal

MEAL TOTAL: **Calories** 682 cal / **Carbs** 99 g (59%) / **Protein** 36 g (21%) / **Fat** 15 g (20%) / **Fluid** 39  
ADDITIONAL NUTRIENTS: **Sodium** 102 mg / **Calcium** 41 mg

NOTES:

**Snack**

3:00 PM

baby carrots	20 large	105 cal
oat & honey granola bars	1 bar	140 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	2 serving	100 cal

MEAL TOTAL: **Calories** 345 cal / **Carbs** 48 g (55%) / **Protein** 16 g (18%) / **Fat** 10 g (27%) / **Fluid** 25  
ADDITIONAL NUTRIENTS: **Sodium** 390 mg / **Calcium** 116 mg

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

garden veggie tempeh	6 oz	376 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	1 1/3 Cup(s)	221 cal
summer squash, no salt, boiled	2 cup	72 cal

**MEAL TOTAL: Calories** 669 cal / **Carbs** 88 g (52%) / **Protein** 45 g (26%) / **Fat** 17 g (22%) / **Fluid** 33  
**ADDITIONAL NUTRIENTS: Sodium** 100 mg / **Calcium** 104 mg

### NOTES:

**DAY 4 TOTAL: Calories** 2,890 cal / **Carbs** 406 g (56%) / **Protein** 148 g (20%) / **Fat** 77 g (24%) / **Fluid** 148  
**ADDITIONAL NUTRIENTS: Sodium** 929 mg / **Calcium** 1,278 mg

**DAY 5****Breakfast**

7:00 AM

skim milk with calcium	2 Cup(s)	173 cal
oat bran flakes cereal	2 Cup(s)	357 cal
egg, hard boiled	1 large	78 cal
egg whites, cooked	5 large	86 cal

MEAL TOTAL: **Calories** 693 cal / **Carbs** 99 g (58%) / **Protein** 50 g (30%) / **Fat** 9 g (12%) / **Fluid** 21  
ADDITIONAL NUTRIENTS: **Sodium** 392 mg / **Calcium** 1,120 mg

## NOTES:

**Snack**

10:00 AM

almond butter	2 Tbsp	200 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	1 serving	50 cal
whole wheat crackers, low-sodium	5 cracker	89 cal

MEAL TOTAL: **Calories** 449 cal / **Carbs** 50 g (43%) / **Protein** 14 g (13%) / **Fat** 22 g (44%) / **Fluid** 40  
ADDITIONAL NUTRIENTS: **Sodium** 199 mg / **Calcium** 103 mg

## NOTES:

**Lunch**

12:00 PM

baby carrots	5 large	26 cal
vegan chicken strips, meat free	6 oz	434 cal
romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 large	170 cal
tomatoes	1/4 Cup(s)	8 cal
olive oil, mayonnaise, light	1 1/2 Tbsp	74 cal

MEAL TOTAL: **Calories** 714 cal / **Carbs** 64 g (35%) / **Protein** 43 g (23%) / **Fat** 34 g (42%) / **Fluid** 21  
ADDITIONAL NUTRIENTS: **Sodium** 248 mg / **Calcium** 42 mg

## NOTES:

**Snack**

3:00 PM

fruit yogurt, non-fat	1 cup	233 cal
drinking water	2 Cup(s)	0 cal
peaches	1 large	61 cal

MEAL TOTAL: **Calories** 294 cal / **Carbs** 62 g (81%) / **Protein** 12 g (16%) / **Fat** 1 g (3%) / **Fluid** 27  
ADDITIONAL NUTRIENTS: **Sodium** 142 mg / **Calcium** 382 mg

## NOTES:



Eating right, simplified.

## Dinner

6:00 PM

three bean vegetarian chili soup, lower sodium	1/2 Cup(s)	75 cal
drinking water	2 Cup(s)	0 cal
portabella mushroom burger with bruschetta topping	2 serving	587 cal

**MEAL TOTAL: Calories** 662 cal / **Carbs** 102 g (64%) / **Protein** 25 g (15%) / **Fat** 15 g (21%) / **Fluid** 23  
**ADDITIONAL NUTRIENTS: Sodium** 700 mg / **Calcium** 200 mg

### NOTES:

**DAY 5 TOTAL: Calories** 2,812 cal / **Carbs** 376 g (54%) / **Protein** 144 g (20%) / **Fat** 82 g (26%) / **Fluid** 133  
**ADDITIONAL NUTRIENTS: Sodium** 1,682 mg / **Calcium** 1,846 mg

**DAY 6****Breakfast**

7:00 AM

whole wheat english muffin	1 1/2 muffin	201 cal
almond butter	2 Tbsp	200 cal
skim milk with calcium	2 Cup(s)	173 cal
peaches	1 large	61 cal

MEAL TOTAL: **Calories** 635 cal / **Carbs** 85 g (53%) / **Protein** 33 g (20%) / **Fat** 19 g (27%) / **Fluid** 21  
ADDITIONAL NUTRIENTS: **Sodium** 194 mg / **Calcium** 1,360 mg

NOTES:

**Snack**

10:00 AM

drinking water	1 Cup(s)	0 cal
cottage cheese, 2% milkfat	1 Cup(s)	194 cal
blueberries	1 1/2 Cup(s)	124 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 364 cal / **Carbs** 49 g (52%) / **Protein** 30 g (32%) / **Fat** 7 g (16%) / **Fluid** 28  
ADDITIONAL NUTRIENTS: **Sodium** 874 mg / **Calcium** 276 mg

NOTES:

**Lunch**

12:00 PM

three bean vegetarian chili soup, lower sodium	1 Cup(s)	150 cal
drinking water	2 Cup(s)	0 cal
portabella mushroom burger with bruschetta topping	2 serving	587 cal

MEAL TOTAL: **Calories** 737 cal / **Carbs** 118 g (65%) / **Protein** 30 g (16%) / **Fat** 16 g (19%) / **Fluid** 23  
ADDITIONAL NUTRIENTS: **Sodium** 724 mg / **Calcium** 250 mg

NOTES:

**Snack**

3:00 PM

drinking water	2 Cup(s)	0 cal
string cheese, light	2 serving	100 cal
apples	1 large	110 cal
tulean vegan plant based protein frosted vanilla...	2 Scoop	220 cal

MEAL TOTAL: **Calories** 430 cal / **Carbs** 35 g (31%) / **Protein** 57 g (50%) / **Fat** 9 g (19%) / **Fluid** 22  
ADDITIONAL NUTRIENTS: **Sodium** 706 mg / **Calcium** 143 mg

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

italian herb chik'n patties, meat free	2 pattie	340 cal
wild rice, cooked	2/3 Cup(s)	110 cal
black beans, no salt, boiled	2/3 Cup(s)	151 cal
drinking water	2 Cup(s)	0 cal
spinach, no salt, boiled	2 Cup(s)	83 cal

**MEAL TOTAL: Calories** 685 cal / **Carbs** 108 g (60%) / **Protein** 45 g (25%) / **Fat** 12 g (15%) / **Fluid** 32  
**ADDITIONAL NUTRIENTS: Sodium** 736 mg / **Calcium** 564 mg

### NOTES:

**DAY 6 TOTAL: Calories** 2,851 cal / **Carbs** 395 g (54%) / **Protein** 194 g (27%) / **Fat** 63 g (19%) / **Fluid** 127  
**ADDITIONAL NUTRIENTS: Sodium** 3,234 mg / **Calcium** 2,593 mg

**DAY 7**

<b>Breakfast</b> 7:00 AM	egg, hard boiled	1 large	78 cal
	bananas	1 extra large	135 cal
	fruit yogurt, non-fat	1 cup	233 cal
	drinking water	2 Cup(s)	0 cal
	egg whites, cooked	6 large	103 cal
	whole wheat english muffin	1 muffin	134 cal

**MEAL TOTAL: Calories** 682 cal / **Carbs** 110 g (64%) / **Protein** 46 g (26%) / **Fat** 8 g (10%) / **Fluid** 34  
**ADDITIONAL NUTRIENTS: Sodium** 484 mg / **Calcium** 594 mg

**NOTES:**

<b>Snack</b> 10:00 AM	string cheese, light	1 serving	50 cal
	baby carrots	20 large	105 cal
	drinking water	2 Cup(s)	0 cal
	whole wheat crackers, low-sodium	5 cracker	89 cal
	trulean vegan plant based protein frosted vanilla...	1 3/4 Scoop	193 cal

**MEAL TOTAL: Calories** 436 cal / **Carbs** 43 g (38%) / **Protein** 48 g (42%) / **Fat** 10 g (20%) / **Fluid** 43  
**ADDITIONAL NUTRIENTS: Sodium** 553 mg / **Calcium** 220 mg

**NOTES:**

<b>Lunch</b> 12:00 PM	olive oil, mayonnaise, light	1 1/2 Tbsp	74 cal
	tomatoes	1/4 Cup(s)	8 cal
	iced tea, green	16 fl. oz.	0 cal
	whole wheat tortillas	3 tortilla	381 cal
	italian tofurky deli slices	8 slices	176 cal

**MEAL TOTAL: Calories** 639 cal / **Carbs** 71 g (44%) / **Protein** 30 g (19%) / **Fat** 26 g (37%) / **Fluid** 19  
**ADDITIONAL NUTRIENTS: Sodium** 731 mg / **Calcium** 305 mg

**NOTES:**

<b>Snack</b> 3:00 PM	apples	1 large	110 cal
	oat & honey granola bars	1 bar	140 cal
	drinking water	2 Cup(s)	0 cal
	almond butter	1 1/2 Tbsp	150 cal

**MEAL TOTAL: Calories** 400 cal / **Carbs** 55 g (54%) / **Protein** 7 g (7%) / **Fat** 17 g (39%) / **Fluid** 22  
**ADDITIONAL NUTRIENTS: Sodium** 52 mg / **Calcium** 93 mg

**NOTES:**



Eating right, simplified.

## Dinner

6:00 PM

vegan chicken fillets, meat free	6 oz	146 cal
drinking water	2 Cup(s)	0 cal
kale, no salt, boiled	2 Cup(s)	73 cal
sweet potato, no salt, baked	1 1/2 large	243 cal
olive oil	1 1/2 Tbsp	179 cal

**MEAL TOTAL:** Calories 641 cal / Carbs 86 g (50%) / Protein 30 g (18%) / Fat 24 g (32%) / Fluid 31  
**ADDITIONAL NUTRIENTS:** Sodium 157 mg / Calcium 290 mg

### NOTES:

**DAY 7 TOTAL:** Calories 2,799 cal / Carbs 364 g (51%) / Protein 161 g (22%) / Fat 85 g (27%) / Fluid 149  
**ADDITIONAL NUTRIENTS:** Sodium 1,978 mg / Calcium 1,501 mg



2 Servings

# hearts of palm risotto

## Ingredients

vegetable broth soup, low sodium  
3 Cup(s)

olive oil  
1 Tbsp

arborio rice  
1/2 Cup(s)

white wine  
1/4 Cup(s)

hearts of palm  
1/2 Cup(s)

onions  
1 small slice

## Nutrition Totals

**Calories** 609 / **Carbs** 97 g / **Protein** 11 g / **Fat** 15 g / **Fluid** 26 fl oz

## Instructions

1. Heat 1 tablespoon of olive oil in a large, heavy-bottomed saucepan over medium-high heat. Add the onion; cook and stir until it begins to turn golden brown at the edges, about 2 minutes.
2. Pour in the rice, and stir until the rice is coated in oil and has started to toast, 2 to 3 minutes. Reduce the heat to medium and stir in the white wine. Let it cook until it has mostly evaporated, then stir in one-third of the boiling vegetable broth; continue stirring until incorporated.
3. Repeat this process twice more, stirring constantly. Incorporating the broth should take 15 to 20 minutes in all.
4. When the rice is mostly tender, but still has a very slight crunch, stir in the hearts of palm; season with salt and pepper. Cook for another minute to heat through then stir in parsley and serve immediately.



# Nutrition Label

<b>Hearts Of Palm Risotto</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>305</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7.2g	<b>11%</b>
Saturated Fat 0.9g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 58mg	<b>2%</b>
<b>Total Carbohydrates</b> 48.5g	<b>16%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugar 2.4g	
<b>Protein</b> 5.4g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 3.7mg	<b>0%</b>
<b>Iron</b> 0.8mg	<b>5%</b>
<b>Potassium</b> 27.5mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

2 Servings



# portabella mushroom burger with bruschetta topping

## Ingredients

olive oil  
2/3 Tbsp

balsamic vinegar  
1/2 Tbsp

basil  
1/3 Cup(s)

roma tomatoes  
2 Cup(s)

garlic  
1 clove

kaiser rolls  
2 roll

black pepper  
1/2 tsp

portabella mushroom  
2 cup

## Nutrition Totals

**Calories** 587 / **Carbs** 86 g / **Protein** 20 g / **Fat** 15 g / **Fluid** 7 fl oz

## Instructions

1. Mix tomatoes, basil, balsamic vinegar, garlic, olive oil, and black pepper in a bowl and refrigerate to blend flavors, 1 to 2 hours.
2. Preheat grill for medium heat and lightly oil the grate.
3. Grill portabella mushrooms with gill sides up on an upper rack of the grill until juicy and hot, about 15 minutes. Spoon tomato mixture into mushroom caps to cover entire cap. Continue grilling until topping is heated through, another 15 to 20 minutes.
4. Serve on kaiser rolls.



# Nutrition Label

<b>Portabella Mushroom Burger With Bruschetta Topping</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>293</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7.2g	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 337.8mg	<b>14%</b>
<b>Total Carbohydrates</b> 42.9g	<b>14%</b>
Dietary Fiber 2.6g	<b>11%</b>
Total Sugar 7.7g	
<b>Protein</b> 9.8g	
<b>Vitamin D</b> 8.6IU	<b>1%</b>
<b>Calcium</b> 75mg	<b>8%</b>
<b>Iron</b> 4.6mg	<b>26%</b>
<b>Potassium</b> 932.6mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Shopping List

## Accompaniments

olive oil, mayonnaise, light  
5 Tbsp

## Beverages

coconut water

4 Cup(s)

drinking water

49 Cup(s)

iced tea, green

32 fl. oz.

white wine

0.38 Cup(s)

## Bread

kaiser rolls

4 roll

whole-wheat pita bread

3 large

whole wheat bread

3 slice

whole wheat dinner rolls

1 roll

whole wheat english muffin

4 muffin

whole wheat tortillas

3 tortilla

## Cereal & Grain Products

arborio rice

0.76 Cup(s)

oat bran flakes cereal

4 Cup(s)

whole grain rolled oats, dry

2 Cup(s)

wild rice, cooked

3 Cup(s)

## Cookies & Crackers

whole wheat crackers, low-sodium



32 cracker

## Dairy & Egg

cottage cheese, 2% milkfat

1 Cup(s)

egg, hard boiled

6 large

egg whites, cooked

22 large

fruit yogurt, non-fat

2 cup

skim milk with calcium

11.5 Cup(s)

string cheese, light

10 serving

## Entrees

meat free burgers, vegan

2 serving

vegan chicken strips, meat free

15 oz

## Fats & Oils

olive oil

5.34 Tbsp

## Fruits & Juices

apples

5 large

bananas

4 extra large

blueberries

3.5 Cup(s)

cranberries, dried sweetened

0.33 Cup(s)

grapes

4 oz

orange juice

3 Cup(s)

peaches

3 large

pears

2 large



## Ingredients

balsamic vinegar  
4 Tbsp

## Legumes & Beans

black beans, no salt, boiled  
1.67 Cup(s)

## Nuts & Seeds

almond butter  
8.5 Tbsp  
almonds  
3 oz

## Snacks

oat & honey granola bars  
4 bar

## Soup

three bean vegetarian chili soup, lower sodium  
1.5 Cup(s)  
vegetable broth soup, low sodium  
4.5 Cup(s)

## Spices & Herbs

basil  
0.66 Cup(s)  
black pepper  
1 tsp

## Sports & Diet Nutritional

trulean vegan plant based protein frosted vanilla cupcake  
3.75 Scoop

## Vegetables

baby carrots  
70 large



**broccoli, no salt, boiled**

**1.5 Cup(s)**

**garlic**

**2 clove**

**hearts of palm**

**0.76 Cup(s)**

**kale, no salt, boiled**

**4 Cup(s)**

**onions**

**1.5 small slice**

**portabella mushroom**

**4 cup**

**romaine lettuce**

**7 leaf**

**4 Cup(s)**

**roma tomatoes**

**4 Cup(s)**

**spinach, no salt, boiled**

**4 Cup(s)**

**summer squash, no salt, boiled**

**2 cup**

**sweet potato, no salt, baked**

**3 large**

**tomatoes**

**1.25 Cup(s)**

## Vegetarian Products

**garden veggie tempeh**

**10 oz**

**italian herb chik'n patties, meat free**

**2 pattie**

**italian tofurky deli slices**

**16 slices**

**vegan chicken fillets, meat free**

**18 oz**